FALL 2015

the Health Source

A newsletter from the Colts Neck Health Department in collaboration with the Monmouth Public Health Consortium (MPHC)*

Goodbye Summer, Hello Crispy Fall Days!

Make a fresh start in the new season with these healthy tips:

1. Boost your immune system to prevent the common cold by eating foods high in vitamin C and other nutrients like oranges, pumpkin, or yogurt.
2. Spend some time outdoors to get some Vitamin D and while you are there, go for a walk to get some exercise. Both are proven to boost your mood (be sure to wear a hat, gloves and a jacket).
3. Avoid the flu and get your flu shot.
4. Plan out your Thanksgiving plate, take small portions of foods and eat slowly so that the feeling of being full arrives before desire for seconds.

Save the Date!

National Red Ribbon Week
October 23-31

Campaign to keep kids off drugs

Great American Smokeout
November 19

Encourages smokers to quit or to use the day to make a quit plan.

National Influenza Vaccination Week
December 6-12

Campaign to decrease the number of flu cases and deaths from flu illness.

GET SMART About Antibiotics Week
WWW.CDC.GOV/GETSMART

Each year in the United States, at least 2 million people become infected with bacteria that are resistant to antibiotics and at least 23,000 people die as a direct result of these infections. Many more people die from other conditions that were complicated by an antibiotic-resistant infection. Antibiotics are among the most commonly prescribed drugs used in human medicine. However, up to 50% of all the antibiotics prescribed for people are not needed or are not optimally effective as prescribed.

Get Smart About Antibiotics Week observed during the week of November 16-22, 2015, is an annual one-week observance to raise awareness of antibiotic resistance and the importance of appropriate antibiotic prescribing and use. The one-week observance raises awareness of the threat of antibiotic resistance and the importance of appropriate antibiotic prescribing and use.

Its Up To YOU to STOP the Flu!!

What is Influenza

Influenza (flu) is a serious disease caused by a virus. Influenza can make you feel miserable!

Fever, cough, shaking chills, body aches, and extreme weakness are common symptoms.

How Do You Catch It?

You can catch influenza from people who cough, sneeze, or even just talk around you. It is very contagious.

Is It Serious?

Yes! Tragically, every year infants, children, teens, and adults die from influenza.

Influenza is very unpredictable. No one knows how deadly influenza will be each year.

Even if you have a mild case of influenza, you can still pass the virus on to your friends, family, and coworkers who could get very sick or even die.

Am I At Risk?

Yes. While influenza is most dangerous for people with health conditions like heart and lung disease, the very young and very old, and pregnant women, anyone can become seriously sick from influenza – even young, healthy people.

Generally the flu season peaks in January and February – though it can span from October all the way through May.

How Can I Protect Myself From Influenza?

Vaccination is the best way to prevent influenza.

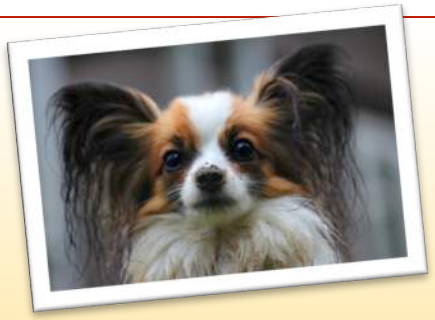
Everyone age six months and older should get vaccinated against influenza every year.

Vaccination not only protects the person who gets immunized, it also protects the people around them – for example, babies who are too young to be vaccinated.

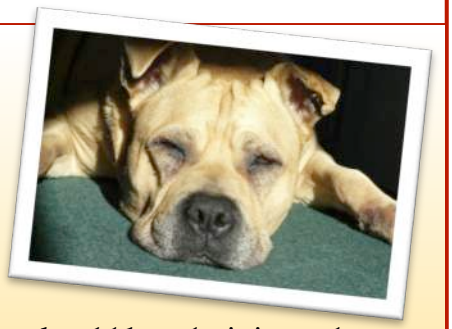
Cold vs Flu

Symptoms	Cold	Flu
Sore Throat	Usually	Sometimes
Cough	Mild	Usually and may be severe
Nasal congestion and sneezing	Usually	Sometimes
Severe exhaustion and fatigue	Rarely	Usually can last for 2 weeks
Fever	Not usually	Usually 100-102 degrees
Headache	Not usually	Often
Nausea and vomiting	Not usually	Often occurs
Body aches	Mild	Often and may be severe

Contact your health care provider or Colts Neck Health Department at 732-462-5470 to make your appointment.



Prevent Rabies in Your Pets



Pets are an important part of many families. Unfortunately, like our other family members, they can get sick too, and occasionally they can get us sick. Thankfully there are vaccines that prevent illnesses in adults and animals. The most common exposure to rabies in humans is from uncontrolled rabies in dogs. Children are often at greatest risk from rabies, with half of those who die from rabies under the age of 15. Getting your dog or cat vaccinated can prevent rabies in your pets, family and friends.

Vaccination of dogs and cats can be started at three months of age or older if receiving their first known immunization. Regardless of the age of the animal at initial vaccination, a booster vaccination should be administered one year later.

An animal is considered currently vaccinated and immunized if the initial vaccination was administered at least 28 days previously or booster vaccinations have been administered in accordance with recommendations.

An up-to-date dog rabies vaccination is a legal requirement. Be sure to keep proof of your dog or cat's rabies vaccines with their medical records; you will need them when it comes time to renew your dog or cat license. For more information about rabies visit http://www.colts-neck.nj.us.

Public Health Consortium* Rabies Clinics

Wednesday **Nov. 4, 2015** **7:00 pm – 8:00 pm**	Fair Haven Firehouse 645 River Road	**Saturday** **Nov. 21, 2015** **10:00 am – 11:30 am**	Shrewsbury Hose Company No. 1 783 Broad Street
Thursday **Nov. 5, 2015** **7:00 pm – 8:00 pm**	Rumson Public Works Garage 80 East River Road	**Saturday** **Jan. 9, 2016** **10:00 am – 12 noon**	Tinton Falls Municipal Complex DPW Building 556 Tinton Avenue
Saturday **Nov. 7, 2015** **10:00 am – 11:00 am**	Spring Lake Heights Firehouse 700 Sixth Avenue	**Saturday** **Jan. 10, 2016** **9:00 am – 12 noon**	Long Branch Fire House Union Avenue
Saturday **Nov. 7, 2015** **9:00 am – 11:30 am**	Manalapan Recreation Center Route 522 (Englishtown-Freehold Road)	**Tuesday** **Jan. 12, 2016** **7:00 pm – 8:00 pm**	Brielle Fire Hall 509 Longstreet Avenue
Monday **Nov. 9, 2015** **7:00 pm – 8:00 pm**	West Long Branch Borough Chemical & Truck Co. #1 379 Monmouth Road	**Saturday** **Jan. 16, 2016** **9:00 am – 10:30 am**	Colts Neck Fire House 50 Conover Road
Thursday **Nov. 12, 2015** **7:00 pm – 8:00 pm**	Highlands Municipal Building 171 Bay Avenue	**Saturday** **Jan. 24, 2016** **8:00 am – 11:00 am**	Michael J. Tighe Park (formerly Liberty Oak Park) 65 Georgia Road, Freehold

Sponsored by: Colts Neck Health Department (732-462-5470) Freehold Area Health Department (732-294-2060) Long Branch Health Department (732-571-5665) Manalapan Health Department (732-446-8345) Monmouth County Regional Health Commission (732-493-9520)

Rabies clinics are offered to all NJ residents. Contact sponsoring health department for details.

E-Cigarettes, E-Hookah & Hookah Pens

You may have heard people talking about using electronic cigarettes (also called e-cigarettes or e-cigs) as a way to try to quit smoking. If you're thinking about using an e-cig or an e-hookah, here are three messages from smokefree.gov.

E-cigs and E-hookahs contain nicotine

E-cigarettes are part of a class of products also referred to as electronic nicotine delivery systems (ENDS), which are battery-powered devices that provide doses of nicotine and other additives to the user in an aerosol. There are currently multiple types of ENDS on the U.S. market, including e-cigarettes, e-hookahs, hookah pens, vape pens, e-cigars, and others. Some of these products are disposable varieties, while others can be refilled or recharged for repeated use.

The nicotine is turned into a vapor in the e-cig and then inhaled. The vapor looks similar to smoke. E-cigs and E-hookahs come in all sorts of sizes and sometimes have flavored nicotine cartridges.

E-cigs and E-hookahs are Not regulated

E-cigs contain other chemicals besides nicotine, which also get inhaled. Since e-cigs aren't regulated yet, there's no way of knowing how much nicotine is in them or what other chemicals they contain. These two things make the safety of e-cigs unclear.

Photo by SemiSoppe

E-cigs are Not proven to aid in quitting smoking cigarettes

There haven't been any scientific studies that prove e-cigs actually help people to quit smoking. There is also concern that using e-cigs may lead kids to start smoking regular cigarettes.

The bottom line is that we just don't know enough about e-cigs, so we don't recommend that you use them. There are other quitting aids, with or without nicotine, that have been proven to be safe and effective at helping people quit smoking.

Photo by Vaping360

NEW JERSEY QUITLINE

For more information about how to quit smoking visit njquitline.org or call 1-866-NJSTOPS (1-866-657-8677).

DID YOU KNOW?

New Jersey's Smoke-Free Air Act of 2006 (Bill A4227/4228) came into effect on April 15, 2006 and required smokefree environments in essentially all indoor workplaces and places open to the public. On January 2010, the Act was amended, effective March 13, 2010, to prohibit the use of electronic smoking devices, and prohibit the sale to persons under the age of 19.*

Yes, that makes smoking e-cigarettes illegal inside all restaurants and other retail establishments including vape shops, hotels, indoor sports facilities, and even in public transportation vehicles.

*Sourced by NJ Global Advisors on Smokefree Policy

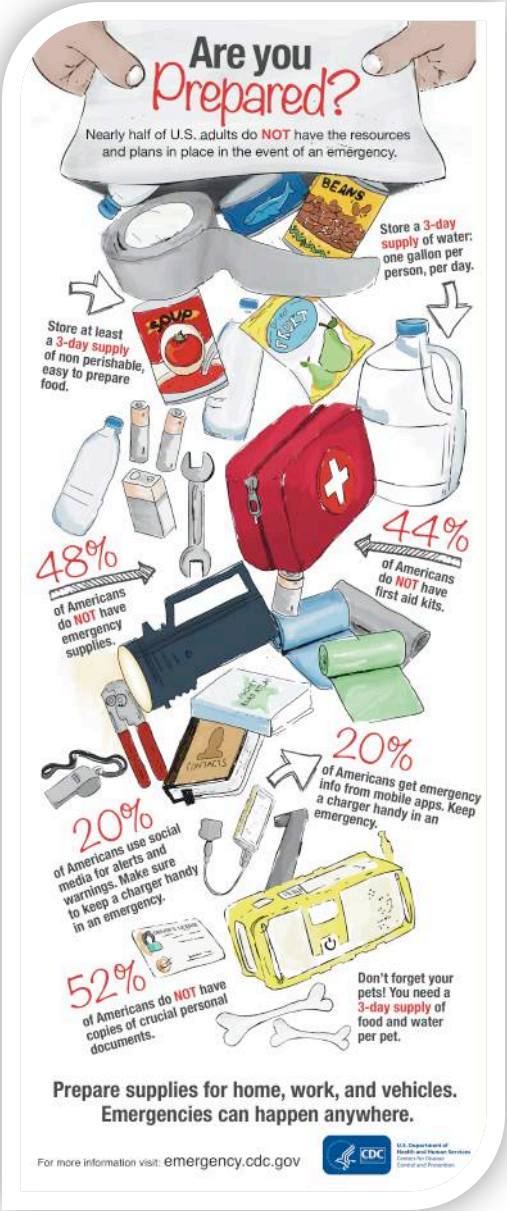
Disaster Preparedness

Although we cannot always prevent disasters and emergencies from happening, there are many things that we can do as individuals, families and communities.

The first step you can take for preparing for any disaster – whether natural or manmade – is to become aware of potential emergencies. Here are some tips to prepare for the most common disasters to strike Monmouth County.

FLOODS are the most common hazards in the United States. Go to higher ground during floods. Moving water only six inches deep can knock you off your feet, and will reach the bottom of most passenger cars, causing loss of control and possible stalling. A foot of water will float many vehicles.

Every THUNDERSTORM produces lightening. Lightening is unpredictable: every year it injures an average of 300 people and kills another 80. It usually strikes people who are caught outdoors in the summer months during the afternoon and evening. Lightening often strikes outside the area of heavy rain and may occur as far as 10 miles away from any rainfall. When thunderstorms threaten your area, get inside a building or hard top automobile and stay indoors for 30 minutes after you hear the last clap of thunder.



WINTERSTORMS that bring heavy snow or ice can trap you in your home until the roads are cleared. Be alert to weather reports of incoming storms: keep a supply of bottle water and non-perishable foods in the house. Try to get home before the storm strikes (about 70% of winter injuries related to snow and ice occur in automobiles).

EVACUATION PREPARATIONS are needed in case you are instructed to evacuate your home because of any emergency. Prepare now in the event of an evacuation.

Evacuations are more common than many people realize. Fires and floods cause evacuations most frequently across the U.S. and almost every year, people along coastlines evacuate as hurricanes approach. What to do now:

1. Learn about emergency plans for your children's school or daycare center. You may be instructed NOT to come for your children as school may be the safest place for them to be.
2. Shut off the water, gas, electricity at their main switches.
3. Let others know when you left and where you are going.
4. Make arrangements for your pets. Some public shelters may not allow pets. Make arrangements with others for animals that are to be left behind, leave adequate food and water.
5. Make an Evacuation Supply Kit so that when its time to leave you bring it with you.

Stay Current!

Want to get all the latest public health news and alerts.
Visit our website at http://www.colts-neck.nj.us.

The Colts Neck Health Department

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*The following local health departments form the Monmouth Public Health Consortium:
Colts Neck - Thomas Frank, HO
Freehold - Margaret Jahn, HO
Long Branch - David Roach, HO
Manalapan - W. David Richardson, HO
Monmouth County Regional Health Commission – David Henry, HO